

SARC thanks its own 'Wingmen'

Commentary by Simone Koram
WPAFB SARC & Wingman Support
Coordinator

In this special issue of the Wingman's Corner, I'd like to take the opportunity to brag about a number of wingmen who are the heart of both the WPAFB Sexual Assault Prevention & Response (SAPR) program and the Wingman Support program. They are Victim Advocates who have unselfishly answered the call for help and serve those in need of support!

Victim Advocates (VA) are not your usual volunteers. They have to apply, be interviewed and selected by the Sexual Assault Response Coordinator (SARC). This position is considered a collateral duty, which means that a special skill coding is added to their personnel file after completing 40 hrs of AF VA certification training. Active duty officers,

enlisted, and DOD civilians (men and women) can serve as VAs.

Our victim advocates not only respond to calls for help, but they also have other responsibilities. They are trained to conduct and deliver a number of general presentations on the SAPR and Wingman programs for pre-deploying members, First Term Airmen Center (FTAC) students, and other base personnel.

To add, they also participate as actors in various SARC skits, which are different sexual assault scenarios that are used to educate folks on the services of the SAPR program. Further, the skits help to remind active duty members of the sexual assault reporting options (restricted and unrestricted) available to them.

When an active duty member chooses the restricted report option, his/her chain of command is not informed but only "need to

information fairs and other base events. They are visible at the 88th ABW and ASC newcomers orientations, hospital in-processing, family readiness symposiums, heroes welcoming heroes, commander's/director's calls, and at other on and off base venues.

Just the other day, our victim advocates were at HQ AFMC participating at the Wingman Day Wellness Fair. It was such a wonderful event and an outstanding opportunity to promote the sexual assault prevention program,



Air Force photo by 1st Lt. Megan McCroskey

Wright-Patterson's Sexual Assault Response Coordinator (SARC) victim advocates support and participate at Headquarters Air Force Materiel Command Wingman Wellness Fair. (From right to left) Simone Koram, coordinator (SARC), Iyesha Jenkins (SARC-assistant), Master Sgt. Milagros Vicens and Master Sgt. Kimberly Latimer (SARC victim advocates)

know" personnel such as the SARC, victim advocate, and health care provider are involved. In addition, law enforcement is not notified so there will not be an investigation. The intent of

restricted report is to give the sexual assault victim (survivor) control over his/her information and time to make an informed decision.

However, if an active duty member opted for unrestricted report, then an investigation is initiated and his/her chain of command will be informed.

It is important to also emphasize that victim advocacy is offered for either reporting option, and will be provided for as long as the survivor requests support.

When VAs aren't responding to emergency calls, they are proactive in promoting sexual assault prevention by participating at

provide information, and meet many people—military, civilians, contractors, volunteers, and other members of on and off base helping agencies.

The Wingman Wellness Fair was a fun, and creative way to engage the awareness of many. It was certainly better than sitting through a briefing covering over 100 or so power point slides.

Folks, thanks for the opportunity to comment on the outstanding service our victim advocates provide the base community. They

are true Wingmen because of the role they play and the personal time they give up to support all Airmen!

I encourage you to continue to send your Wingman Stories to 88ABW.CVK@WPAFB.AF.MIL. You will be amazed what a true story about an act of kindness can do...it promotes respect, preserves dignity, and yes...ignites the Wingman spirit within.

Note: Submission of stories signifies permission to print them in the Skywrighter.

WPAFB ADAPT Program...We're your Wingmen too

Commentary by Simone Koram
WPAFB SARC & Wingman Support
Coordinator

ADAPT is short for the Alcohol and Drug Abuse Prevention and Treatment program. It is a Wingman program that empowers and educates folks who are seeking help in fighting alcohol and drug addiction. The agency is located in the basement of the WPAFB Medical Center. Through ADAPT, a healthy life style can be achieved by anyone who wants and needs help!

Master Sgt. (Sel) Angela Collins is the NCOIC of ADAPT and is a passionate counselor who loves to help people! "I am always looking for ways to improve our programs such as patient care, and community outreach initiatives" said Collins. "Being the NCOIC, I feel it is my responsibility to ensure the safety and quality care of our patients."

Individual Counseling, Group Counseling, and Co-dependent Therapy are among the services she listed.

Self-referral is another program option. If a person thinks their drinking is getting out of hand, they can call the clinic to make an appointment. "Often, the commanders are very proud of their personnel who self-refer because of the initiative they took to seek help prior to a potential negative incident happening" Collins added.

Glenn Stanton is the primary ADAPT counselor responsible for the mandatory outreach classes that are offered. His duties include patient assessment, outpatient treatment, and follow-up counseling (case management).

ADAPT counselors promote prevention programs at many levels. They brief base newcomers, first duty station airmen, and are always available to present at commander's calls.

Nancy Young is an ADAPT counselor with a clinical social work background. She collects referral information, schedules and conducts assessment on all referrals, diagnoses patients based on assessment

results, and decides the level of treatment needed for diagnosis. She also schedules the treatment team meetings with commanders and keeps them informed of patient status and treatment.

"We have three levels of services: Alcohol Brief Counseling (ABC) program, Individual Recovery Counseling, and Aftercare," said Young. The ABC program helps patients without a diagnosis to understand how alcohol affects the body.

The Individual Recovery Counseling focuses on the keys to effective recovery from either alcohol abuse or dependence.

The two after care programs focus on alcohol and drugs. "Both after care programs consist of weekly group meetings geared towards helping the patients in the group's maintenance and monthly individual case management to help patients get a good foundation to build their future recovery" Young added.

Carmen Schott serves as a Clinical Social Worker with the primary

role of assessing and treating individuals with alcohol and substance abuse disorders.

"A secondary part to my job is to participate and offer prevention and outreach services on and off base on alcohol and drug prevention" said Schott.

The ADAPT counselors emphasize that seeking help should not be seen as a weakness.

"We are a helping agency...interested in getting the client well so they are fit for duty and can enrich their personal lives" Collins shared.

Stanton further emphasized: "We are not here to end careers, we are here to help. According to Young, "Knowing that there is a program on base that can work with active duty, retirees, and their dependents over eighteen with alcohol and drug issues is helpful to the WPAFB community."

I would like to end this article by sharing a success story: "A Staff Sgt.

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with 19 years of service showed up for a scheduled appointment at 8:30 a.m. with a .17 percent blood alcohol content (BAC).

The rest of the day was spent getting her processed for inpatient treatment. As her unit assisted her in packing, they discovered a health hazard at her residence (base housing) where she and her 9-year-old daughter reside. There were half-empty pizza boxes, dirty dishes, filthy floors, a dead pet hamster, a dirty bathroom with nasty toilets, and a tub full of empty vodka bottles.

The member went to treatment and failed the program after only two weeks for lack of progress. She had failed previous inpatient and outpatient mental health programs, but when she returned to base after failing treatment this latest time, she found out that she was recommended for mili-

tary discharge. Thankfully though, her commander decided to give her one more chance.

By the way, while she was in treatment, the commander's and First Sgt's wives cleaned her house and cared for her daughter.

After intense work in outpatient care, and with strict adherence to her treatment plan, her goals were finally met!

Through ADAPT and leadership's support, the Staff Sgt. finally realized how much her drinking negatively affected her and those close to her, especially her daughter and her career.

After relocating to her new assignment, she called her ADAPT counselor to say she was still sober and doing well. She even started the installation's first Alcoholic's Anonymous (AA) meeting inside the gates, serving as the chair!

To add, she also tested for Tech. Sgt. but plans for life after the AF in case she does not get the promotion.

The ADAPT counselors are your wingmen too, and always prepared and ready to provide quality care and the treatment you deserve! Help is just a phone call away. Contact 257-4121 to set up an appointment.

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Serving as Wingmen during Domestic Violence Awareness Month



Commentary by Simone Koram
WPAFB SARC & Wingman Support
Coordinator

Greetings Wingmen! As you know, the Wingman's Corner column, featured in the base Skywrighter, was created to promote the concept of "Airmen taking care of Airmen" and to share real life stories that inspire us to get involved, to intervene, and to take action when help is needed! To add, we also use it as an avenue to highlight the many support agencies available to help us become better Wingmen.

October is Domestic Violence Prevention & Awareness Month and I thought it would be a good idea to interview members of the Family Advocacy Office (FAO), as they are the ones who respond

to reports of Domestic Violence and Child Abuse.

FAO Treatment Manager, Jane Gunnison, stated that "on first contact, I conduct a safety and risk assessment of the client and from there, a treatment plan is determined. The treatment plan may include marital, group, and/or family counseling, even a referral to Mental Health or Alcohol and Drug Abuse Prevention & Treatment office. Andrea Irons, FAO Treatment Manager, added "The first priority with domestic violence or child abuse cases is to ensure SAFETY."

The protocol for domestic/child abuse cases includes notification to the command and/or First Sergeants, Office of Special Investigation (OSI), and Security Forces (SFS).

Both managers were asked if Domestic Violence was a problem on WPAFB. "It is always an issue even when the numbers of cases are down...one case is too many" Iron's responded.



Photo by Iyasha A. Jenkins

Family Advocacy Office (FAO) Treatment Managers, Ms. Jane Gunnison (left) and Ms. Andrea Irons discuss the support services their office provides to the base community.

According to Gunnison, "Yes, it is an issue due to continued stresses of deployment and financial concerns."

Through partnership with base leadership and on/off base helping agencies, they are able to facilitate support and provide quality services to clients.

Their job is challenging and rewarding. Gunnison said "help-

ing others improve their quality of life by teaching them how to foster a safe and non-threatening environment is one aspect of the job I enjoy the most."

"Prevention is one of the most important aspects of our job and we want people to understand that if the family unit is not functioning it will have a negative impact in so many areas of their life. If more folks took advantage of the many helpful resources available, in my opinion, family life situations can be improved!" said Irons

Julia Berger, Family Advocacy Nurse (FAN) provides home visits to families who are pregnant or have children under 3 years old. Her visit consists of assessment of risks or medical problems, domestic violence, screening children for developmental delays, and referrals to on/off base helping agencies.

"I had a few domestic abuse

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clients referred to me and the number one challenge is getting the victim to accept assistance, to include potential punishment of the abuser” said Berger.

If/when the reported abuse is a sexual assault involving adults, the Base Sexual Assault Response Coordinator (SARC) is notified immediately.

“Domestic violence is always a concern and as the FAN, I am in a good position to assess families during home visits” Berger added. The home visits are an outstanding opportunity for her to teach young military families how to cope with the challenges of family readiness (deployment).

Margaret Roy, Military Family Life Consultant Victim Advocate (MFLCVA) schedules educational

seminars for active duty members and their families.

“Promoting and building military family strengths is what I do” said Roy. Although she does not offer counseling services, she refers clients to the appropriate helping agency.

According to Roy “domestic violence is a cycle that can be derailed by ensuring that the families we serve are aware of the many resources available to them on/off base.

She responds to client needs either in person or through telephone contact. The individuals she helps may have encountered a threat of verbal, physical, mental, or psychological abuse.

Kelly Blizzard, Family Advocacy Program Assistant (FAPA) provides

information & referral services.

“I triage incoming allegations of domestic violence and forward the information to the Treatment Managers and if applicable, other agencies” said Blizzard. “Many people do not want to be seen as weak and will not ask for help, while others fear it will put their careers in jeopardy” added Blizzard.

The FAP Team is here to help improve quality of life through the services we provide such as: stress management, conflict resolution, parenting classes, couples communication classes, etc.” said Blizzard.

Ladies and gentlemen, join us and learn more about Domestic Violence Prevention programs by contacting the Family Advocacy

Office at 257-4608. If you don’t know about these services, how can they benefit you and help your family?

Gunnison ended the interview by reminding folks to “make the call, break the silence, and get help.”

With that, I encourage you to continue to send your Wingman Stories to: 88ABW.CVK@ WPAFB.AF.MIL. You will be amazed what a true story about an act of kindness can do.

When you take action and do what a good Wingman is expected to do, you become an instrument of goodwill that promotes respect and preserves human dignity.

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Working together as Wingmen to stop, prevent domestic violence

Commentary by Simone Koram

SARC & Wingman support coordinator

Every day, there are families suffering from domestic violence and abuse. This brings a couple of questions to mind, such as: do these victims know that help is available? Do they know how to find these resources, and if so, will they take advantage of them?

Most of the time, victims of domestic violence fear for their lives and for the lives of their children, which is one of the main reasons why they may not seek help. This is a terrible and heartbreaking situation that affects many.

It doesn't matter whether you live in a military or civilian community; domestic violence is a problem that affects people from all walks of life. I hope this article will empower victims of domestic violence to seek help, support, and assistance!

October is Domestic Violence Prevention & Awareness Month. During this time, the Sexual Assault Prevention and Response Office and Family Violence Prevention Center of Greene County (FVPCGC) work together to inform the public about domestic violence through articles, news briefs, information fairs, presentations, and



Photo by Iyesha A. Jenkins

Left to right: Detective Theresa Halder, Greene County Sheriff's Office, Simone Koram, WPAFB Sexual Assault Response coordinator, Connie Reyes, crisis response specialist, County DIVERT Program, and Donna Sizemore, FVPCGC executive director

members, and social services agencies.

AFTERCARE: support provided to clients who have been shelter residents or received other Family Violence Prevention services (after care can involve case management or aftercare support group).

ON BEHALF OF FVPCGC: partnership with Xenia Goodwill to receive gifts and provide gift cer-

monies are: Community presentations and outreach to educate the public about dating and family violence, Adopt-A-Family, which is a program that assists victims and families during the Holiday Season, and various other volunteer programs.

Connie Reyes, Crisis Response Specialist, County Domestic Intervention for Violence Emergency Response Team (DIVERT) Pro-

portunity to connect with previous clients I have helped before. They are not reluctant to seek and get help because they know me...I'm a familiar face to them and it really helps!" said Halder. "Having to witness the violence that hurts many people is what I dislike about the job" added Halder.

According to Sizemore "helping people is rewarding but not having the funding is always a concern. We do our best to manage; after all, prevention of domestic violence is a must!"

My intention as your installation Sexual Assault Response Coordinator (SARC) was to reach out and inform all community members that on and off base Domestic Violence Prevention Agencies continue to work together to stop and prevent domestic violence through partnership, education, training, and awareness.

I hope that folks who are living with domestic violence and are afraid to ask for help have a better understanding of the many programs available. I hope people will gain the strength and courage to stand up and get the help they need to regain the quality of life every person, family, and child truly

special community events.

This week, I would like to engage your awareness on the many free prevention programs and events our off base partners offer to all members of the community to help stop and prevent domestic violence.

Donna Sizemore, FVPCGC executive director, related that their mission is to reduce family violence and its impact in Greene County. "We introduce our services through partnership with other helping agencies that deal with domestic violence and sexual assault" said Ms. Sizemore.

Prevention, safe housing, intervention, outreach, and volunteer services are among the free services and classes the center offers. The following programs were developed to help domestic violence victims/clients (men, women, and children) and are free of charge:

SAFE HOUSING: short term transitional housing (safe shelter),

CRISIS HOTLINE: 24- hour county wide domestic violence crisis intervention, information and referral for victims, community

tificates to clients,

STUDENT INTERNSHIP PROGRAMS: contact the FVPCGC for more details.

The FVPCGC offers a number of intervention programs as well: Individual counseling, Phase II (long term group counseling), Safe Havens Case Management Services, **CHOICES** (therapeutic counseling for teenagers working to prevent future cycles of violence), **Voices** (counseling for teenagers who experienced family violence), **Smiles** (therapeutic group for children who witnessed or experienced family violence),

DIVERT: (collaborative partnership with crisis response and law enforcement to offer home and community to families experiencing domestic violence), **Healthy Homes** (8 week education program focused on breaking the cycle of violence in families), and **Emergency Hospital Response** (hospitalization for victims of domestic violence).

Community **OUTREACH** is one of the many avenues to get the word out to the public. Some of the serv-

gram, and her teammate Detective Theresa Halder, Domestic Violence Investigator, Greene County Sheriff's Office collaborate by offering home and community based services to families experiencing domestic disputes or domestic violence.

When asked to list one thing she enjoyed and disliked about her job, Reyes responded "I love helping people, I especially enjoy the Adopt-A-Family Program because I have an opportunity to deliver gifts to victims of domestic violence who are sad and depressed, and seeing their happy faces and smiles makes me feel good.

I feel like I made a positive impact...a difference in their life!". WPAFB families are also involved with and support the Adopt-A-Family program.

Reyes continues: "On the other hand, the legal system frustrates me. Although I understand the process, this is one aspect of the job that I dislike because many times the victim is re-victimized as a result of the system".

"In my present job, I have the

deserves. Help is just a phone call away!

Join the WPAFB SARC (257-7272), Family Advocacy Office (257-4608), and the Family Violence Prevention Center of Greene County (376-8526) by encouraging others to participate at the off base events planned for October's Domestic Violence Prevention and Awareness Month.

Following are a list of events to be held in the local area:

The Clothesline Project is at the Greene Town Center on Sunday, October 26th from noon to 6 p.m.

Purple Ribbons on the Greene is from October 26th through October 31st at the Greene Town Shopping Center all day.

Pace for Peace will be held Nov. 1 at the Shawnee Park Pavilion. The race starts at 10 a.m. Registration begins at 8:30 a.m. Shawnee Park is located at 120 Park Drive, Xenia, OH 45385

Contact Nicholas Hubbard, FVPCGC Community Relations Specialist at 376-8526 ext 14 or e-mail: Nicholas.hubbard@fvpcgc.org for details.

Are you helping to keep your Wingman Safe?



Commentary by Simone Koram

WPAFB SARC & Wingman Support Coordinator

Greetings Team Wright-Patt! Our Wingman's Corner has featured a number of articles about people stepping up to be good wingmen. These stories have inspired many and reminded us that anybody can be a Wingman.

A Wingman is someone who is alert, always takes the opportunity to get involved, and takes action at the appropriate time. Are you doing everything to keep your Wingman safe?

For this week's column, I am taking a different spin by featuring a base program that supports and delivers the Wingman BOLDFACE concept of "Airman taking care of Airman". Now that we're experiencing the 101 critical days of summer, promoting the Voluntary Protection Program (VPP) is a great way to remind folks about simple safety tips that can save lives if/when followed.

VPP Manager, Ms. Cynthia Bryant and VPP Coordinator, Mr. James Womack are proactive in promoting the program through their education and awareness efforts base wide. "We encourage everyone to know the 4 key elements of VPP because it works!" Bryant said. Mr. Womack added that "using common sense while following safety tips can also prevent unfortunate mishaps".

The Department of Defense Safety Oversight Council decided to participate in the VPP program in 2006 in an effort to reduce mishaps and worker's compensation claims in the work place. According to Ms. Bryant "WPAFB was one of the first five AFMC installations to participate".

The 4 key elements of VPP are: a) Management leadership commitment and employee involvement b) Work site analysis c) Hazard prevention and control and d) Safety and health training.

Mr. Womack further emphasized that in order for this program to work "people, our ultimate resource, must be involved... everyone is responsible for safety,

which is achieved when everyone actively participates in safety and occupational health". Womack explained that "some of this is basic common sense, for example if you spot an unsafe situation like a spill on the floor, don't just stand there and wait for someone to slip, do something like clean it up or alert someone, think safety!".

The biggest FY07 injury trends for WPAFB were slips, trips, and falls. There were 70 cases of someone getting struck or hitting an object, and about 75 incidents of falls. Most, if not all, of these cases could have been avoided by practicing VPP protocol. "Remember the 4 key elements" Bryant said.

A few safety tips to keep in mind are: wearing outdoor footwear (change to casual shoes when inside), do not carry too much (take extra trips if needed), test the surface first (many mishaps getting in/out of cars, and watch surface inside building (clean up spills/ prevent mishaps).

The dynamic "VPP" duo, Ms. Bryant and Mr. Womack ended the interview with a friendly reminder... "We need everyone's



Air Force photo by Iyesha A. Jenkins

Mr. James Womack, VPP Coordinator listens as Ms. Cynthia Bryant, VPP Manager explains the value of implementing the VPP at Wright-Patterson AFB.

participation...for folks to talk up safety in the workforce and at home, support VPP implementation efforts, participate in organizational safety committees, and to be the best Wingman they can be!"

We all can benefit from safety reminders, especially during the 101 critical days of Summer when we're on vacation, playing sports, and enjoying outdoor cooking. When you spot danger, do something about it!

I encourage you to continue to send your Wingman Stories to 88ABW.CVK@WPAFB.AF.MIL. Promoting respect, preserving dignity, and practice safety at home, at work, and anywhere is everyone's responsibility!

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Coworkers prove themselves to be good Wingmen



Commentary by Simone Koram
WPAFB SARC & Wingman
Support Coordinator

Greetings to all and thank you for your continued support of the Wingman's Corner. Your stories convey meaningful messages that remind us of our commitment to support and take care of one another.

This week's Wingman article is a personal testimony from an Air Force civilian employee who was struck by an amazing expression of support when she needed it the most!

Cynthia Johnson, an employee of the Air Force Legal Services Agency, saw our recent Wingman's Corner column and after reading it, decided to share her story.

"I suffered a mild heart attack and was diagnosed with Type II diabetes as well as hypertension. I was in and out of the hospital constantly, unable to work" said Johnson.

As a fairly new resident to Ohio, Johnson had no family in the state. She added that "the caring support my entire organization provided was overwhelming!"

She also related that the compassion, care, and generosity truly started from the top! Lt. Col. A. Eric Bee, chief, Claims Service Center visited her at the hospital while on his way to a TDY.

"He purchased groceries for me, assisted with other needs within my home, and the rest of the staff followed his lead; taking turns helping me with everything you can imagine," said Johnson.

Johnson continues to speak of the other Wingmen



Air Force photo by Iyasha A. Jenkins

Back row (left to right): Thomas Miller, Lt. Col. Eric Bee, Master Sgt. Richard Butturini, Tech. Sgt. Clyde Rolfe, Staff Sgt. Michelle Talarek; Front row (left to right): Cynthia Johnson, Enid Rivera-Villas

who went out of their way to help her. Since she was living by herself and had to stay in the hospital for some time, she was obviously concerned about her livelihood and quality of life.

"My flight chief and supervisor handled whatever financial concerns I had, and that really helped me emotionally, physically and psychologically... because I was extremely worried about not being able to handle my responsibilities," she revealed. Other members of her organization stepped up by visiting her at the hospital, brought flowers to cheer her up, called her daily to make sure she was comfortable and just to ask if she needed anything. "One of my coworkers even went to the pharmacy to get my medicine," Johnson said.

The list of thoughtful and kind deeds goes on and on, and Johnson is convinced that her Air Force family...her Wingmen saved her life!

At a recent visit to Johnson's organization, I asked Lt. Col. Bee about how he fosters the Wingman spirit

within his unit. He replied: "I try to lead by example and share stories of wingman successes. I begin preaching it as a mandatory philosophy briefing as soon as folks in-process. It may be difficult creating a culture but it's easier than changing a bad one. Once the culture is established, it's simple to maintain."

I observed the electrifying chemistry among his staff and asked what the secret ingredient is for such camaraderie. "I require it! I require people to get along and I make no secret that I will punish them for unprofessional actions. Being petty or treating each other disrespectfully is just a short step away from harassment or unprofessional relationships" Bee responded.

On a lighter note, he was also excited about their Wingman unit events such as picnics, super bowl and holiday parties. "Family attendance is highly encouraged" he said. "My wife and kids are at almost every event."

Two of Johnson's coworkers also shared their views on the meaning of Wingmen. According to Thomas Miller "being a good wingman is taking care of those around you and letting them know that you care about them."

Master Sgt. Richard C. Butturini also added that being a Wingman includes "being available and willing to take the time out of your busy schedule to help and reach out to someone in need."

Bee ended the interview by pointing out: "So many people tell me they would like to help others who are in need but they don't know exactly what to say or do. Just be yourself and do what you can. It's very difficult to make a really bad situation worse but relatively easy to make it a little better - often with just your presence or with small acts of generosity."

Please continue to send your Wingman stories...you will be amazed what a simple act of kindness can do. It promotes respect and preserves dignity.

Note: Submission of stories signifies permission to print them in the Skywriter.

A bystander steps up to act as a Wingman

Commentary by Simone Koram

WPAFB SARC & Wingman
Support Coordinator

Wingman is a person who takes the opportunity to get involved, intervene, and take action at the appropriate time! A good Wingman does the right thing, even when no one is looking. The act of kindness is automatic and done without expecting anything in return.

The contributions of Wingmen can be experienced or portrayed in many ways. For example: taking the car keys from a friend who drank too much, or helping a co-worker through difficult times, such as a death in the family, financial trouble, stress due to deployment, or helping someone who was victimized by sexual assault and/or harassment...the list goes on. Nevertheless, every Wingman can make a positive difference by refusing to just be a bystander.

A bystander is a person who witnesses an emergency situation and has an opportunity to take action to provide assistance. Unfortunately though, most bystanders are reluctant to do so.

Thankfully, there are a chosen few who prove themselves to be true Wingmen.

This week's Wingman story is from Lois Gwin, an AF civilian employee with NASIC, who wanted to meet and thank Jeannie Gregg, also an AF civilian employee from the Civilian Personnel Office. These two ladies met in person for the very



Air Force by Iyasha A. Jenkins

Jeannie Gregg (left), from the Civilian Personnel Office, is thanked by Lois Gwin, NASIC, for providing assistance to her father.

first time in the SARC/Wingman Office.

Jeannie provided unexpected help to a total stranger. According to Lois, "it was almost the end of the work day and the weather was very cold and snowy with icy roads when my 80 year old father attempted to get on base and realized he did not have a gate pass."

Her father was just released from the hospital a couple of weeks ago and due to his condition was having

trouble remembering his daughter's phone number or where she worked.

He was instructed by the visitor pass clerk to call Lois so that she can get him a new pass. But when asked what office his daughter worked in, he replied "in the building with no windows!"

Jeannie noticed that Lois' dad was shaking and having difficulty breathing so she decided to step in and offer assistance.

Jeannie managed to locate Lois, whom she'd never even met before. "With Jeannie's help" recalled Lois "my dad was able to get his pass renewed, and she remained on the phone to ensure my dad and I were connected and that the folks at the visitor's area received the documents required from me."

"We hear about the Wingman Program, about Airmen taking care of Airmen, so I thought what Jeannie did for me and my dad was the work of a good Wingman" said Lois. "I was touched by Jeannie's action, and so was my father who cried because he was so thankful that he met Jeannie. "She was one of the nicest person he had ever met on this base" said Lois. "Way to go Jeannie, thank you for not ignoring my dad's silent plea for help. With your support, my dad and I connected and he got the help he needed to locate my building."

Lois ends her story by saying that Jeannie was "a great Wingman."

In Lois' eyes, her actions model what the Air Force means when "they tell us to look out for our Air Force Family."

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Airman inspired by Wingman while serving in Iraq



A good Wingman does not allow a friend, a coworker, or an acquaintance to get involved in self-destructive behavior. They intervene at the appropriate times and take action as needed. As individuals, when we model positive behavior such as taking care of each other, we reinvigorate the wingman spirit and inspire others to do the same!

This week's Wingman's Corner tells a true story of a remarkable AF service member who inspired many through her leadership, work, and love to help and care for others.

When Tech. Sgt. Angela Collins, assigned to 88 MDOS, was deployed to Iraq, she had no idea that she would meet a total stranger who would have a positive influence in her life.

"The Air Force Core values of Integrity First, Service Before Self, and Excellence In All We Do are good principles to live by, but as Airmen, we cannot epitomize values without love being at the center of our lives" said Collins.

She said those words with her Wingman, Staff Sgt. Amber Whittaker, in mind.

Whittaker, who was assigned to the Air Force Academy, was deployed to 506 EMEDS at Kirkuk AB, Iraq and served as a medic. "She loved caring for people, whether they were injured or not, and she was there for me when I was feeling down, overwhelmed, and scared" said Collins.

When asked what was special about Whittaker, Collins replied "her strength and ability to face any challenges was amazing and because of her actions, I was able to do the same". Collins and Whittaker were both medics and their job was to save lives, helping wounded Airmen and soldiers, to include the Iraqis.

At this time, Collins became teary, as she struggled to continue to speak about how her Wingman would not give up on saving the wounded.

"Even when they were dead on arrival, she would give them CPR for up to 30 minutes before putting



Air Force photo

Staff Sgt. Amber Whittaker while stationed at Kirkuk AB, Iraq

the blanket over their head."

Whittaker's actions encouraged Collins to be strong and to be a better Wingman.

"She treated everyone with the same respect, even the wounded Iraqi soldiers who were not shy to tell us how they truly felt about Americans," said Collins.

During their assignment, Whittaker became sick. She suffered from severe migraines but despite her failing health, she did not want to be sent home.

She insisted that she be allowed

to stay and serve. Eventually she would be returned back to the AF Academy where her illness progressively worsened and she was medically discharged.

In Collins' eyes, Whittaker is a true Wingman and has touched the lives many people she met during her service in the AF. "I thought I was a good Wingman, but after seeing Amber in action, I realize I can and will do better" said Collins.

On a phone call to Collins, Whittaker said "If I could rewind time and make the decision not to go to Iraq, I would still go. My dream was to save people's lives and I had the opportunity to save people from all around the world and for that, I'm thankful".

I hope that Tech. Sgt. Angela Collins' story about Staff Sgt. Amber Whittaker, her Wingman, will spark inspiration, hope, faith, respect and care among us all. Wingmen are special people who are prepared and ready to do the right thing, even when faced with making the tough decisions.

I encourage you to continue to send your Wingman stories to 88ABW.CVK@WPAFB.AF.MIL. You will be amazed what a true story about an act of kindness can do...it promotes respect, preserves dignity, and yes...ignites the Wingman spirit within...

Note: Submission of stories signifies permission to print them in the Skywrighter.

Editorials

Being a wingman is the right thing to do



by Simone Koram

Wingman Support Coordinator

Being a good Wingman is easier said than done. As the base Wingman Support Coordinator, I can brief this program everyday, distribute hundreds of pamphlets and posters that define what it means, but the most effective method in getting people to truly understand how to be a good Wingman is by example. This is where I need your help. I need you to take action, to step up, and to intervene when someone needs your help.

People have asked why it is so important to promote the Wingman program. My response is that it's the right thing to do because it may save

someone's life. You just can't put a price tag on this program's purpose and the people it serves.

The Wingman's Corner is a quality of life initiative implemented throughout WPAFB. It is a column to be featured in the Skywrighter and will be an avenue for Wingmen, like you and I, to share inspiring stories of human kindness and show appreciation for that person who helped you and/or intervened when you were going down the wrong path!

Last week, I received a story from Lorri Hauprich, an AF Civilian, who heard about the Wingman's Corner and saw it as an opportunity to share her story. Her hope is that people will read it and learn about the top notch caliber and strength AF Active Duty members display when you need them the most! She also wishes to thank and recognize her special Wingman.

When Airman 1st Class Jeremy Reyes walked into the office of Bldg. 1218's dorm manager looking for help,

he could not have known how valuable his assistance would become.

Lorri had just learned that her son, Senior Airman Kenny Hauprich had been killed in a Black Hawk accident in Italy. "I received a phone call from my son Kenny's best friend, Brian, who is stationed at Holloman AFB, N.M.," she said. "Brian was hysterical, asking me if anyone had talked to me yet. I was having a hard time understanding him, but he kept saying 'Kenny' over and over again. Finally, I got it out of him that Kenny was dead."

Lorri said she just sat in her office for what "seemed like an eternity staring at my monitor" when Reyes walked in for help. No doubt recognizing her distress, she said Reyes took action and called his first sergeant, Master Sgt. Aaron Jones. "I didn't even realize that had happened but Master Sgt. Jones was standing in my office, there to help me."

Reyes, who works at the National

Air and Space Intelligence Center, was temporarily assigned to the WPAFB Honor Guard. "(He) attended each one of the missions that the honor guard did for Kenny, from getting his body off the plane in Cincinnati to bringing him to his final resting place in Jamestown," Hauprich said.

She would like to think that all Airmen of "this wonderful Air Force that my family is so proud of being apart of" would think of putting others before themselves. "I would like to express my warmest thanks to Airman 1st Class Reyes for being my wingman that horrible day," Hauprich said.

I encourage you to continue to send your Wingman stories at 88ABW.CVK@WPAFB.AF.MIL You will be amazed what a true story about an act of kindness can do...it promotes respect, preserves dignity and yes...is contagious!

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Wingman helps stranded motorist when no one else would



by Mike Wallace
Skywrighter Staff

Feb. 1 was a cold day at Wright-Patterson and Skywrighter photographer, Christy Webb, pulled out onto



State Route 444 and her van suffered a blowout. Beside and under her van, attempting to extract her spare tire, she recalled being on the road's shoulder for about a half hour as people drove by.

Not everyone passed her. 2nd Lt. Mike Harter, who works at the Air Force Research Laboratory, saw her and stopped to help.

"I've had situations like these before, and I didn't mind stopping. People have done it for me. I was happy to help," said Harter.

"He didn't just leave when a tow truck pulled up. He stayed and changed the tire. I felt safer with a base person helping," said Webb.

For his part, Harter said, "You do the right thing because it's just the right thing to do."

In a brief ceremony in her office, base Wingman coordinator, Simone Koram, presented Harter with a Wingman figurine and tag. "The fact that you took steps to help is very important.

We need models like you, and we

lyesha Jenkins presents 2nd Lt Mike Harter with special wingman dog tags for his willingness to step up and help when no one else did.



Skywrighter photos by Christy Webb

2nd Lt Mike Harter stands out on the side of Rte 444 near where he stopped to help with a blown tire just because he felt "it was the right thing to do".

want you to ignite the Wingman spirit. My request is that as you take a leadership role, you continue to ignite that spirit. It's all about saving lives," said Koram.

A native of California, Harter is an Air Force Academy graduate who entered active duty in May 2006. Married with a daughter, he works as a behavioral scientist

Airman encouraged to take care of your wingman

Commentary by Simone Koram
SARC & Wingman Support Office

The Wright-Patterson AFB SARC & Wingman Support Coordinator's Office promotes the culture of "Airmen taking care of Airmen" through briefings, training, community outreach, program marketing and wingman activities throughout the installation.

This year, as we strengthen our commitment to reemphasize the Wingman 4 basic steps, we are going to kick it up a notch by introducing a new program initiative which will help ensure all Airmen have a better understanding of the Wingman Program as it applies to daily life.

This initiative will be accomplished through the introduction of the Wingman's Corner, a regular featured in the Skywrighter.

The Wingman's Corner will provide an avenue for base personnel and the community to share their unique Wingman stories of "Air-



men taking care of Airmen."

It will also provide opportunity for folks who would like to recognize and thank their very special Wingman.

The Air Forces' definition of a Wingman is someone who fulfills the commitment to look out for their fellow Airmen, both military and civilian, by providing emotional support, identifying stressors, and developing caring relationships with co-workers.

For example, Wingmen don't allow their fellow Airmen to participate in self-destructive behavior, but intervene when appropri-

ate.

Now that we are reminded of what and who a Wingman is, I encourage you to share your Wingman stories.

It is my hope that these accounts will encourage all to take the time to care more about each other.

We hope to use this avenue to end sexual assault, suicides, and alcohol related crimes that can ruin lives.

You'll be amazed what a "feel good" Wingman story can accomplish, especially when it's about how we unite as a team. Also, taking the time to stop and lend a helping

hand, and offering a non-judgmental listening ear speaks to our Wingman spirit.

As we go through life, we all need a Wingman we can count on to be there for us when we need that support the most.

Lastly, I understand that some folks may not want to be recognized for the good they have done, but those experiences will only help to promote a quality environment for us to work and live in.

Remember, every day we all have an opportunity to be good Wingmen.

I encourage everyone to step up and look for opportunities to help others. It takes every single one of our efforts to make this happen.

Please email your Wingman Stories to 88ABW.CVK@wpafb.af.mil. If you have any questions, contact the WPAFB SARC & Wingman Support Coordinator's Office at 257-7272.

Note: Submission of stories signifies permission to print them in the Skywrighter

Regular articles to share importance of being a Wingman

by Mike Wallace
Skywrighter Staff

The task of the base Sexual Assault Response and Wingman Coordinator, Simone Koram, is to promote the culture of Airmen taking care of Airmen through briefings, training, community outreach, program marketing, and Wingman activities throughout the installation.

She said, "This year, as we strengthen our commitment, we are introducing a new program initiative to ensure all Airmen are reminded of the Wingman program and have a better understanding of it. We are developing a 'Wingman Corner' column for the Skywrighter to be featured every other week."

In her vision, Wingman Corner would be:

- A venue in which base people and community members can share their stories of "Airmen taking care of Airmen."

- An opportunity for people to recognize and thank their very special Wingman.

- A place for people to read tips on how to be a good Wingman.

"The Air Force defines 'Wingman' as someone who fulfills the commitment to look out for their fellow Airmen, both military and civilian by providing emotional and intellectual support, identifying stressors, and developing caring relationships with co-workers," said Koram. "A Wingman maximizes personal the team safety off the job by not letting his fellow Airmen participate in self-destructive behavior and intervening when appropriate."

She added, "I encourage you to share your Wingman stories. We hope that your stories will encourage all of us to take the time to care about each other even more. We hope to use this avenue to stop sexual assault, suicides, and alcohol-related crimes that ultimately can ruin lives.

"I believe you will be amazed what a 'feel good' story can accomplish, one in which we come together as caring individuals to stop and lend a helping hand or offer a non-judgmental listening ear.

"We understand that some folks—good Wingmen—may not want to be recognized for the good they have done, but their stories may help promote a better life and environment for us to work and live in.

"As we go through life, we all need a Wingman we can count on to be there for us, and every day we have the opportunity to be good Wingmen. Every day is Wingman day and I encourage all of us to step up and be good to each other."

Anyone wishing to share a Wingman story should e-mail it to 88abw.cvk@wpafb.af.mil. Submitting it signifies permission to print it in the Skywrighter. If you have any questions, contact the SARC and Wingman Office at 257-7272.